

# C<sup>COVID-19</sup> EMPLOYEE NEWSLETTER

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## WHAT IT MEANS TO BE A REGISTERED DISASTER SERVICE WORKER

Pursuant to the California Emergency Services Act, all public employees, to include City of Long Beach employees, are considered registered Disaster Service Workers (DSW). A DSW is a volunteer or public employee who will provide assistance and service to the community in times of crisis (such as the current declared public health emergency caused by COVID-19).

As a DSW, you can be called upon to aid in the response and recovery phases of a disaster or emergency. DSW duties may include providing clerical support, delivering supplies, registering people at a shelter or clinic, translating for non-English speaking individuals, answering phones, placing calls, and more.

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# STATUS OF REOPENING CITY FACILITIES

## *Message from City Manager, Tom Modica*

Recently, Gov. Newsom announced a four-phased approach to fully reopening California ([resilience roadmap](#)). The City has begun its cautious entry into Phase 2, which permits the reopening of select retail businesses and outdoor recreation with restrictions. The City continues to follow the State Health Order and the [Long Beach Safer at Home Order](#).

***City Hall and other City facilities will remain closed to the public and employees will continue to telecommute unless directed to report to work.***

The City is closely monitoring the COVID-19 health metrics and consulting with Health officials to determine how and when City facilities can safely reopen. While we do not have a definitive date for when we will begin reopening our City buildings, please know that the City is working on the following efforts to assist us on the path to reopening:

***Workplace Safety*** – We are reviewing our workspaces and will take appropriate preventative measures to make sure physical distancing protocols, sanitation, and safety guidelines are in place. Our work life may look different as we may have to implement additional measures to mitigate COVID-19 workplace transmission.

These additional changes could include how you will interact with others, including maintaining proper physical distancing, frequent hand washing, and wearing a face covering when physical distancing is not possible. You play a critical role in helping to reduce the spread of COVID-19 by following safety guidelines and staying home if you are sick.

***Contact Tracing*** - Contact tracing is crucial to slowing the chain of transmission and ending our “Safer At Home” Order. Contact tracing is a process of identifying persons who may have come into contact with an infected person and quarantining or isolating those individual(s), so they do not infect others. I have called upon all departments to begin identifying and redeploying City staff as Disaster Service Workers in support of contact tracing efforts. I thank you in advance for rising to the occasion and remaining flexible should you be called upon.

***Upcoming City Employee Town Hall*** - In an effort to address City staff directly, we are scheduling a virtual Town Hall meeting for City employees. I will address the City’s response to date and any concerns or fears you may have about returning to the workplace, as well as a discussion about our City’s future. Each of you play an essential role in our success as we navigate through these unprecedented times, and I’d like to have a discussion about your thoughts and ideas for the future of Long Beach.

Please continue to do your part by staying six feet from people when outside your home (excluding members of your household), wearing face coverings when around others, staying home when you are sick, regularly disinfecting high touch surfaces such as your workspace, and washing your hands frequently. *Onward and upwards!*





## DISASTER SERVICE WORKER (CONTINUED)

City employees respond as a DSW only when requested. If called upon, your supervisor or DSW manager will provide you with a general assignment based on the needs of the City to carry out its responsibilities during this time of health emergency.

While duties may be outside your regular scope of work or schedule, you will never be asked to perform a duty or function you do not know how to perform or have not received training to complete.

Established work restrictions will continue to apply, such as lift limitations. Protecting your health and well-being is a top priority.

City of Long Beach employees have always responded willingly to any emergency or disaster. This is no different. Thank you to all our employees who work hard every day to support the residents of Long Beach building a stronger, safer, and more resilient community.

[City Manager's Employee Reassignment Video](#)

## HEADSPACE (MEDITATION & MINDFULNESS APP)

The LA County Department of Mental Health has partnered with Headspace to provide support and resources during this challenging time. [Headspace](#) is an app that provides mind exercises and hundreds of meditations on everything from stress to sleep to add extra mindfulness to your day.

Residents of Los Angeles County can [sign up to access Headspace Plus at no cost](#) until Dec. 31, 2020.



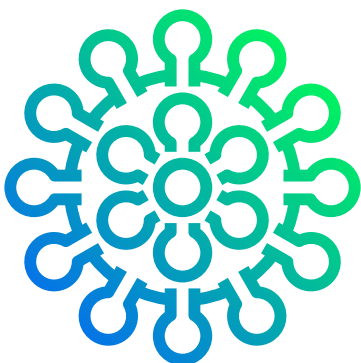
## SAFER AT HOME CHILDCARE VIA WORKLONGBEACH

Recently announced by Mayor Robert Garcia, [WorkLongBeach.org](http://WorkLongBeach.org) is the City's new virtual labor market. During COVID school closures, WorkLB is helping local childcare professionals obtain work opportunities by connecting them to working families who need reliable in-home childcare. Special needs specialists and other vetted professionals from LBUSD, Parks, Rec & Marine, and the YMCA have uploaded their availability in order to provide your family with quality childcare at home. Register today at [www.worklongbeach.org](http://www.worklongbeach.org).

WorkLB Childcare Services are eligible for Dependent Care Flexible Spending Account reimbursement. While there are no subsidies for childcare at home, City employees are eligible for the following special hourly rates:

- One child: \$21.60
- Two children: \$24.00
- Three children: \$26.40
- Four or more children: please inquire

WorkLB Childcare Services are eligible for Dependent Care Flexible Spending Account reimbursement. Please exercise due diligence when hiring childcare professionals through this service. For more information, call 562-570-4249.



## ACCESS TO COVID-19 TESTING

If you have symptoms of COVID-19, free COVID-19 diagnostic testing is available by appointment at multiple locations throughout Long Beach. Essential workers who do not have symptoms can also get tested at some locations.

More information about testing locations and the types of testing available at each site can be found at [www.longbeach.gov/COVID19](http://www.longbeach.gov/COVID19) under the COVID-19 Testing link.



# LIVING WITH DIABETES AMID THE COVID-19 PANDEMIC

If you or your enrolled dependent has been diagnosed with diabetes, managing your health and adhering to your health provider's directive are critical in light of the COVID-19 pandemic. Diabetes has been identified by health officials as an underlying condition that can be detrimental to overall health if coronavirus is contracted. The City offers two programs to assist employees in managing this chronic illness: CVS Transform Diabetes Care and Anthem Blue Cross Condition Care.

## CVS TRANSFORM DIABETES CARE

Transform Diabetes Care is a comprehensive program for Anthem Blue Cross PPO and HMO members which targets medication adherence, blood glucose control and behavioral improvement to help improve member health outcomes.

Program benefits include:

- A no-cost Telcare connected meter allows you to track your levels, see trends, and have your data analyzed by a Diabetic counselor. The WIFI-connected meter must be enrolled on the Telcare website.
- Two diabetes monitoring visits per year at any MinuteClinic® location at no out-of-pocket cost to you.
- Personalized, one-on-one coaching with a CVS Pharmacy® pharmacist. Just stop by CVS Pharmacy® or call the number on your member ID card to speak with a CVS Caremark® pharmacist.

Visit [registration.mytelcare.com/verify](https://registration.mytelcare.com/verify) or call your dedicated Telcare Team at 1-888-342-1160 (registration code: COLB).

The Diabetic Bundling Program waives the cost of diabetic supplies when you purchase them from CVS Pharmacy or Target on the same day as your insulin. Under this program, diabetic supplies such as syringes and needles would be at a \$0 member cost share if purchased on the same day as the insulin and if the insulin is purchased prior to the supplies.





## LIVING WITH DIABETES AMID THE COVID-19 PANDEMIC

### *ANTHEM BLUE CROSS CONDITION CARE*

Enroll in the Anthem Blue Cross Condition Care Program to have an assigned nurse case manager who will provide you with periodic encouragement, advice and guidance on meeting your health goals in managing your chronic, long-term condition, including diabetes, asthma, chronic obstructive pulmonary disease (COPD), heart failure, coronary artery disease (CAD), etc. Depending on your health, you may be asked to complete a health questionnaire. Your answers will help Anthem figure out how to best support you. **You can participate at no extra cost, just call (866) 962-0957.**



### COVID-19 SAFETY BULLETIN #2

The City of Long Beach continues to monitor impacts related to COVID-19 in coordination with local, state and federal officials. Departments are working collaboratively to continue the enhancement of safety measures and to keep the employees and public informed of preventive measures to limit the spread of COVID-19.

Please [review the latest COVID-19 Safety Bulletin](#) from the City's Risk Management and Safety Division.

***Remember everyone can do their part to help prevent the spread of COVID-19!***